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Monday, March 31, 2003

Conestoga College, Kitchener

34th Year — No. 11

Run remembers OPP officer

By NICOLE CHILDS

For the participants who ran it, Conestoga's third annual Sergeant Margaret Eve run was more than just a charity event. The run, which took place March 18 at 4 p.m., was in memory of Eve, the first female OPP officer to die in the line of duty.

Eve served 14 years with the Ontario Provincial Police service and spent time in southwestern Ontario detachments. She was on a routine traffic stop on the 401 just outside of Chatham when a transport truck struck her police cruiser from behind. Eve died two days later on June 9, 2000 from the injuries she suffered.

Sergeant Bill Hibbert, a teacher at Conestoga, remembered policing with Eve in Chatham. He alone raised more than \$150 for the charity by going to fellow officers. He feels it's good to hold events like this to remember her.

"She was a dedicated police officer, which all of the people in our class want to be. So I think she represents what a good police officer is and I think it's good to keep doing things like this in her memory," said Hibbert.

The 5.5-kilometre run began in front of the recreation centre and



(Photo by Carla Sandham)

Law and security and police foundations students took part in the Margaret Eve Memorial Run on March 18. Above, several Conestoga students jog along Old Mill Road towards the college.

went around the Doon campus, down Old Mill Road to Mill Park Drive, back up Pinnacle Drive and then up Doon Valley Drive, ending at the recreation centre.

Jamie Sharp, provincial constable for the Cambridge detachment, escorted the students in his OPP cruiser. He

agrees with Hibbert that it's important to remember those who lose their lives on duty.

"It's important to remember the people that gave their lives to the public to serve and protect. It's also important to show other people that we're out there thinking of them as well," said Sharp.

Tyler Ryan, a second-year police foundations student, along with fellow student Stephanie Pogue, co-ordinated the event.

According to Ryan, they raised close to \$600, which will be given to Eve's husband to be donated to a charity of the family's choice.

The first year the event was run the students commissioned a painting of Eve to be put in the Orillia OPP headquarters and paid it off with the money they raised last year.

Ryan decided to organize the run after participating last year, and feels it's not only important to remember her, but it brings awareness to the community.

"It's important because it makes the community aware of what the students are doing. It shows them that we really care and we're ready to be police officers that care about what's happening with the public," Ryan said.

About a dozen police foundations and LASA students participated in the run, which took about 26 minutes to complete. While participants had the option of running, walking or roller blading, they all ran.

Ryan said that while he will have graduated before next year's run, if possible he would like to return and participate.

Print shop workers fear loss of jobs

By TORI SUTTON

Print shop employees and their union, Opseu Local 238, are concerned decisions being made by the college to source out print shop positions to Grenville Inc. may cost employees their jobs.

Since July 31, 2001, Grenville, a private company, has been operating the college's print shop, administering a retail-based printing service. Currently, the college is considering allowing Grenville to staff the print shop with employees of their choice.

However, Walter Boettger, head of Local 237, the faculty union, said in an e-mail to staff that the current contract states existing jobs will continue for the length of the 10-year Grenville contract.

Continued on Page 2

Highway construction to commence in June

By CARLA SANDHAM

Improvements to Homer Watson and Conestoga College boulevards will begin this summer.

Construction is not scheduled to begin until after the majority of programs at the college have finished.

"We hope to go ahead on June 23," said John Lee, project manager for the Region of Waterloo. He added they are deliberately holding off until commencement is over, when they expect there will be slower periods of traffic.

Presently, during peak hours (8 a.m. and 3 p.m.) motorists travelling along this route can experience 10- to 20-minute delays due to heavy traffic to and from the college and Highway 401.

"This intersection traffic includes significant volumes of through traffic as well as turning traffic that is largely generated by the college," said Ken Mayer, of the parking and traffic department for the City of Kitchener. Mark Garrett, who takes Homer Watson to the 401 on his way to work in the morning, said it's a terrible intersection. He added he has to make it there at the right time or else he gets caught in the jam.

The majority of work will happen on Homer Watson, where Lee said

they would be adding a second left-hand turning lane. And, although the widening will be on the eastbound lanes of traffic, plans include shifting the entire road to the north side.

Construction will also be done on

"It will be a little aggravating (for motorists) in the area because of reduced lanes."

*John Lee,
project manager*

Conestoga College Boulevard. Lee said they will push the right-hand turning lane through until the next entrance, making it a straight-through lane.

Lee said both projects are intended to help keep traffic moving, resulting in shorter delays and less congestion.

He said things would get worse before getting better.

"It will be a little aggravating (for motorists) in the area because of reduced lanes," he said, but added the roads will not close during any of the construction.

Workers are expecting less traffic to and from the college over the summer, but Lee said there might

be an increase because the King Street bridge will also be under construction.

"With the only other entrance into Kitchener also under construction, Homer Watson is bound to be busier," he said.

All the work is to be completed by mid-August.

"We want to get in and get it done before classes start again," said Lee, adding he has made a special provision for it to be done on schedule.

He also said 2003 is an important year for the work to be completed because of the double cohort in the fall, which could mean even more traffic.

But in the meantime, he asks motorists using the intersection this summer to be patient as there is likely to be some waiting periods.

The project, which is funded by Waterloo Region and the City of Kitchener, was initiated after the Lower Doon Traffic Study was completed in 2001.

It found the intersection was at service level E, which means it has a high level of congestion. The committee recommended the widening of Homer Watson and Mayer said they hope it will bring the level of service up to D.



(Photo by Laurie Vandenhoff)

College gets \$1.5m grant

Conestoga's apprenticeship and pre-apprenticeship programs got a financial boost with the announcement of a provincial grant.

Above, Mark Brekelmans and Brent Darlington, both first-year woodworking technology students, work on a machine in the college's woodworking centre. See Page 2 for story.

Co-op students recognized

By DIANA O'NEILL

Three Conestoga students were acknowledged for their hard work and dedication in their various co-operative placements.

Each of the students received a cheque for \$250 and a plaque, as part of their recognition during national co-op education week from March 17 to 21.

Previously, there wasn't a financial gift as part of the award, but this year the co-op department solicited donations from employers.

Also, up until this year, only one award was given out, but now three awards have been developed to represent each school. Deserving students from the business, technology and information technology schools' co-op programs are nominated for these prestigious awards.

The selection committee is comprised of graduates from a co-op program, placement employers, faculty representatives from each school, as well as the manager of co-op career services.

The criteria that the committee uses includes contributions the student made in the workplace, at school and in the community, special achievements and awards. Personal qualities of the candidates are also considered.

"This year the selection committee was challenged with having to make a decision between many exemplary candidates," said David Burns, vice-president of academics.

The celebration took place on March 20 in the Blue Room and saw approximately 30 to 40 people

gather to commend all of the students' hard work.

Jane Pelligrini was employed at PriceWaterhouse Cooper and received the award on behalf of the business school. Burns described her as "enthusiastic, energetic, willing to learn, an

excellent team player and able to work independently." Five members of the business school faculty endorsed Pelligrini's nomination as "most worthy candidate for award."

Laurie Dedels worked at Mitra Inc. and was recognized on behalf of the information and technology school. Not only is she an accomplished violinist, but is also the proud mother of a daughter and achieved above 90 per cent in all her courses in her final year.

Lindsay Hemmerling was employed at the Ontario Ministry of Training and received the award on behalf of the technology and engineering school. Burns said that "she completed (her work term) in a professional manner, with great enthusiasm and acted with diplomacy in a difficult role."

Hart thinks having co-op programs at the school is an invaluable part of the learning environment. She also thinks it's extremely important to recognize the co-op students' exceptional service and work experience for their employers.

"They are the ambassadors for our college," said Linda Hart, co-op adviser, adding, "It's important that students know that you can be recognized for going above and beyond in the workplace."

"It's important for us as an institution."



(Submitted photo by Laurie Doersam)

Laurie Dedels (left to right), Jane Pelligrini and Lindsay Hemmerling hold awards they were given on March 20 as part of national co-op education week that ran March 17 to 21.

Job worries

Continued from Page 1

On March 24, print shop employees and support staff gathered to attend the Board of Governors meeting to demand President John Tibbits meet with the support staff union to discuss the many issues and concerns they have regarding potential changes to the print shop.

According to Kevin Mullan, vice-president of finance and administrative operations, the college is committed to having an on-site print shop and strives to accommodate employees the best they can.

"The college does ensure fair treatment of our employees," he said. "We all know Conestoga has gone through a tough period over the last 10 years, due to funding, etc. and the staff knows we have been good to them."

As well, Mullan said it is still too early to assume print shop employees could lose their jobs or be displaced in the college.

Due to the collective bargaining agreement, most details about potential human resource changes at the print shop cannot be discussed. As well, union regulations prevent print shop employees from commenting.

The college predicts information will be made public after discussions between the school and the union.

\$1.5m grant helps keep apprenticeships growing

By LAURIE VANDENHOFF

A \$1.5-million grant from the provincial government will allow Conestoga College to keep its momentum going in the quickly developing areas of apprenticeships and skilled trades. The money will be used to support both apprenticeship and pre-apprenticeship programs presently at the college, as well as those that have potential in the school's future.

The funding comes following a recent report that examined the obstacles complicating the skilled trade workforce. The study entitled Hire Profitability, questioned and analyzed employers, students and education facilities throughout Waterloo Region.

The report determined that the real problem lies not in a dwindling supply of skilled workers, but in a shortage of people with basic employable skills.

An indication in the report for increased funding and more training programs paved the way for the recent financial contribution.

Hans Zawada, chair of trades and apprenticeship at the college, said the funding is important to the college. "Conestoga College is very supportive of the importance and value of apprenticeship training. We deliver about 10 per cent of all the college-based apprenticeship training in the province of Ontario."

Released in February, the report clarified the issue and the problems facing skilled trades, stating a lack of workers was not one of them.

Larry Smith, a leading expert

conducting the study, said he was surprised by the findings but the results revealed various problems that needed to be addressed.

"Secondary schools will have a hard time getting the point across that apprentices are not the types of jobs that you do if you can't do anything else." The report claimed this is an underlying factor in the lack of hireable people. He stated that high school counsellors encouraged low-performing students to pursue a career in trades.

"Unfortunately, they send them there," revealed Smith. "But the apprenticeship programs and Conestoga College don't want them. If they are not ready to be students, then how can they be ready to learn a high demanding skill?"

Mike McClements, the college's dean of engineering technology, was also surprised at the findings, but questions the relative findings.

"The timing of the report is a little interesting. I think they were doing this at a time when a little bit of the heat has been running out of the economy," McClements feels the report proved the demand for skilled workers might not be as substantial as the public believed, but still only reflected a snapshot of the overall reality.

McClements noted a large chunk of the current workforce will be retiring in the coming years, but said the problem now also lies in the availability of sponsorships by employers.

"I think there are more students interested in apprenticeships than there are apprenticeships," he said, blaming the unavailability on the reluctance of businesses to hire

apprenticeships and a recent refusal to advertise available positions.

Through the report, employers argued they received too many applications for the small number of positions and said most were unqualified or did not possess any of the basic employable skills.

Smith agreed with McClements in saying employers needed to be more aggressive in looking for good applicants and that advertising is necessary to accomplish this goal. "I'm sorry, if 500 people apply, they should be prepared to go through those resumes carefully."

"I think there are more students interested in apprenticeships than there are apprenticeships."

*Mike McClements,
dean of engineering
technology*

A related drawback is the employers' unwillingness to hire people without experience. And for some students, especially those coming straight out of high school, it's difficult to get hired in the first place.

The solution is the college's implementation of pre-apprenticeship programs, part of which is being supported by the recent grant. McClements said the programs are the college's tangible way of dealing with the problem because they will help students obtain basic training in their chosen field.

So far, the college received fund-

ing for three pre-apprenticeship programs. Two were for women, one in carpentry and the other precision machining and tooling. The third was open to all applicants interested in carpentry.

McClements explained that the pre-apprenticeship programs were obtained through a competitive process, unlike the one in place for gaining apprenticeship programs. He said the college is pleased with receiving three of the four programs the school applied for.

A fourth submission for general metal machining was turned down.

However, the vision for the funding possibility was not solely placed on the pre-apprenticeship programs. The breakdown of the grant is as follows:

A grant of \$220,000 will be used for the general pre-apprenticeship carpentry program.

A grant of \$375,000 from the Women in Skilled Trades initiative will go towards the other two pre-apprenticeship programs offered to female students.

A grant of \$224,000 from the Journeypersons Updating program will fund upgrading courses for employed plumber/steamfitter trades.

A grant of \$741,000 under the Apprenticeship Enhancement fund will be used to improve equipment and facilities used by the college's apprenticeship programs. A large portion of this will be used to fund the newest apprenticeship program, machine and tool builder integrator. Conestoga is the only Ontario college to provide this training, focused on the advancement of the tool and die trade in co-ordination with auto-

mated manufacturing systems.

The report that was commissioned by the Employer Recruitment Strategy Task Force and funded through provincial and federal governments, also called for the introduction of more trades to the area. Several it suggested were EDM wire cutting operator, pattern mould maker and glassblowing.

However, McClements disagreed with this recommendation, using the glassblowing trade as an example. He said as far as he knew this trade was not in high demand in the region, adding that a significant number of the college's trade programs were industrial-related.

McClements said this reflected the demographics of the region's businesses and those companies that infused the most support into the college.

"ATS, Budd, Toyota; those are the people that are in the training for the long haul and those are the ones that can legitimately demand from the college that we need more apprenticeship training."

He added that these companies also support the diploma and applied degree programs offered at the college. "I'm interested in those people because they are interested in the entire college, not just one little aspect of it."

Smith maintained, however, that the suggested apprenticeship programs were recommendations straight from local businesses.

McClements is not opposed to the suggestions, but said he has never been approached by anyone saying there is a demand in this area for training in those trades.

Students win design competition for third year

By JEFF MORLEY

Conestoga College showed that it can compete with the best of them in this year's Student Papers Night taking first place for the third consecutive year. The competition focuses on electronic design and research at the undergraduate level.

The event was held at the University of Waterloo and was sponsored by the Institute of Electrical and Electronics Engineers (IEEE). The IEEE promotes the engineering process throughout colleges and universities. The institute has many branches globally and offers resources and a venue for students to share ideas and give support.

Judges grade the papers and presentations and chose the three best. This year, Conestoga College, the University of Guelph and the University of Waterloo participated with a total of nine papers competing.

Dan Galway, James Gilbrook and Mike Jakowlew of Conestoga's computer engineering technology program earned the \$750 first-place prize. The team's paper, entitled Digital Media Jukebox, outlined the design of a



(Photo by Jeff Morley)

Dan Galway (left to right), Mike Jakowlew and James Gilbrook were the best team at the IEEE Student Papers Night. The team won \$750 for their project called Digital Media Jukebox.

stand-alone MP3 player.

The player can download music from the Internet, store it and play it. The design incorporates a LCD screen, Ethernet capabilities and enough memory to play music 24 hours a day for approximately 95 days. Gilbrook said, "It's better than CHYM FM's no repeat work day."

The team has put in consistent 12 to 15 hour days developing the project since they started eight months ago. Because of the commitment the team was keen to work on something they would enjoy. Galway explained, "We wanted to make something useful, practical and flashy ... Ours had a lot of

other features that other players don't have."

However, Gilbrook and Galway agreed it was one of the more challenging things they have done. The team did have support from Conestoga faculty and their corporate sponsor SST in Waterloo, a communications solu-

tions company.

Despite the long hours and investing their own money into the project the team agrees that it was a good experience. Gilbrook said, "It's nice to see people in our same situation, working with the same ideas."

Galway went on to say that the awards also gave them the opportunity to gain some exposure with industry representatives. It also gave them a chance to show off some of their skills to future employers.

The awards also worked to boost their confidence and showed them that Conestoga can compete at the university level and win. "It's been a culmination of every course we've taken."

Conestoga also placed third in the event with a project called EZ Cash designed by Sean Carpenter and Bojan Korosic from electronics and engineering technology. The team won \$250 for their efforts. The system allows the client to use their cell phone to order products or services from vending machines. A message is sent to the vending machine, the product is released and the client's account is debited. The system eliminates the need for cash or credit.

Information session turns into search for the next Advertising Idol

By MARY SIMMONS

The search is on for the next superstar in the advertising world.

The advertising program at Conestoga College had a unique approach for information sessions for applicants for the fall semester.

In the third of three sessions on March 18, students currently enrolled in the advertising program participated by performing in Advertising Idol, a take on the hit show American Idol.

This group of students are the first in the new two-year program and those attending the sessions would only be the second group of students to participate in the program if accepted.

Program co-ordinator Deborah Reyner and instructor Joe Romer were the hosts for the evening, doing their impressions of Paula Abdul and Simon Cowell.

The contestants were first-year students Cindy Devries, Jillian Helm, Jennifer Stagg and Mark Lidstone.

Reyner said the students volunteered to take part in the information sessions and came up with the theme as well as writing their own parts.

The session on March 18 was the last of three, the other two being held on Feb. 28 and March 1.

Reyner said she was impressed with the turnout, having more than 300 potential students attending the sessions. Since the program is only in its first year, she said they must be doing something right in order to attract so many applicants. She said they will only accept 32 students.

The first contestant of the evening was Devries, whom



Contestants Mark Lidstone (left to right), Jennifer Stagg, Cindy Devries and Jillian Helm participate in Advertising Idol on March 18 to attract potential students to the advertising program at Conestoga College.

Reyner described as a technogenius. Sporting a baggy hooded sweatshirt and sunglasses, Devries lip-synced a rendition of a rap about the creative development process.

Helm was next with her dramatic performance of An Ode to Advertising Research.

Stagg tested out her vocal skills with her impression of Kelly Clarkson, singing A Program Like This.

Mark Lidstone showed off his media planning tool box.

With the entertainment of the evening off for a commercial break, Reyner got down to the more serious business of telling those in attendance about the program.

She stressed that it is not for someone who is not prepared to work hard, indicating that students

are working on as many as 15 projects at a time.

"Students have to be energetic and passionate," she said.

She told everyone that the program was designed to be experiential. Every class has a hands-on approach.

"We want students to be able to taste it, feel it, touch it, embrace it," she said of the learning approach.

Course content is a blend of theory and philosophy with creativity. Across the program, the courses are designed to mesh with each other, so that projects will be done in stages throughout a combination of courses.

Students who graduate from this program will be prepared to work in a small- to medium-sized company, which is where the growth is in the industry.

A week of appreciation for co-op students

By DIANA O'NEILL

March 17 to 21 was national co-operative education week for co-op students across the country.

The week-long celebration is organized annually by the Canadian Association for Co-operative Education (CAFCE) to highlight the value of co-op to students, educational institutions and employers. CAFCE is a national organization comprised of more than 500 educators, employers and government officials. The non-profit group encourages post-secondary institutions to express how invaluable co-op programs are.

Linda Hart, co-op adviser at Conestoga College, said, "The main focus of the week is to raise the profile." She added, "Co-op is growing quite a bit. When I started here in co-op about seven years ago, there were only three and now there are 18 co-op programs."

Over the past 12 years, co-op enrolment has grown by more than 67 per cent nationally, with

118 Canadian colleges and universities offering co-op programs, according to a CAFCE media release. It also stated that students develop quality professional and human relation skills, as well as rapid employment upon graduation.

"In the workplace there are so many different variables and it's a good place for the students to apply what they have learned," said Hart. She also explained that the practical experience gained by co-op students frequently translates into a more enhanced and applied classroom performance.

"It's really important for a student to be able to combine their academic studies and real-life experience," Hart said, adding, "You can only learn so much from a textbook."

The week was a time to recognize all the hard work that students put forward while located in co-op placements.

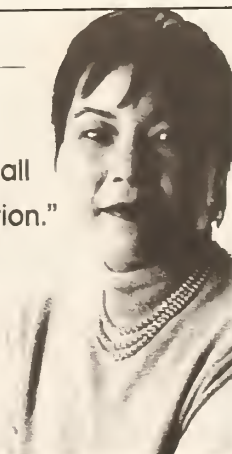
"It's nice to see students work hard and receive that kind of feedback," Hart said, adding, "It lets them know they really made a contribution."

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U.S. blunders along

Perhaps I'm being a bit pessimistic, but it seems to me that the U.S.-led war on Iraq isn't exactly going according to plan.

In less than a week, the U.S. and Britain have suffered larger-than-expected losses of life and numerous deaths from friendly fire.

According to President George W. Bush, the original goal of the war was to free the Iraqi people of the horrible dictator Saddam Hussein and bring democracy to their country.

The U.S. began Operation Iraqi Freedom on March 19 with an address by Bush telling Americans and the world that the battle had begun and it would be wise for Iraqis to lay down their arms and give up to American forces.

The U.S. wanted journalists to showcase American victories, to witness the American flag being raised on Iraqi soil, until they were told to take it down because this war was not an occupation.

But these images have not been forthcoming. It took only two days for the first U.S. and coalition casualties to occur. On March 21, eight British and four Americans died when their helicopter crashed over Kuwait. Then there was the British warplane shot down by a U.S. missile. This was a tough pill for American pride to swallow. The helicopter crashed as the result of mechanical error and not because of the Iraqi army.

On March 22, ITN reporter Terry Lloyd and two news crews went missing and it was soon determined they had been killed by "friendly fire." The news got worse, when it was revealed that an American soldier had thrown two live grenades into the tents of his fellow soldiers killing one and injuring several others. On March 23, 106 civilians were killed when American B-52 bombers pummelled the city of Baghdad.

Other civilian casualties include the bombing of a Syrian passenger bus, which killed five. As these casualties mount Bush has been very quiet, allowing Secretary of Defence Donald Rumsfeld, Press Secretary Ari Fleischer, Secretary of State General Colin Powell, General Tommy Franks, and a list of others to do all the talking for him. His only appearances have been getting on and off of Air Force One and pleading with the Iraqis not to destroy oil wells, while still standing firm that this is not a war about oil.

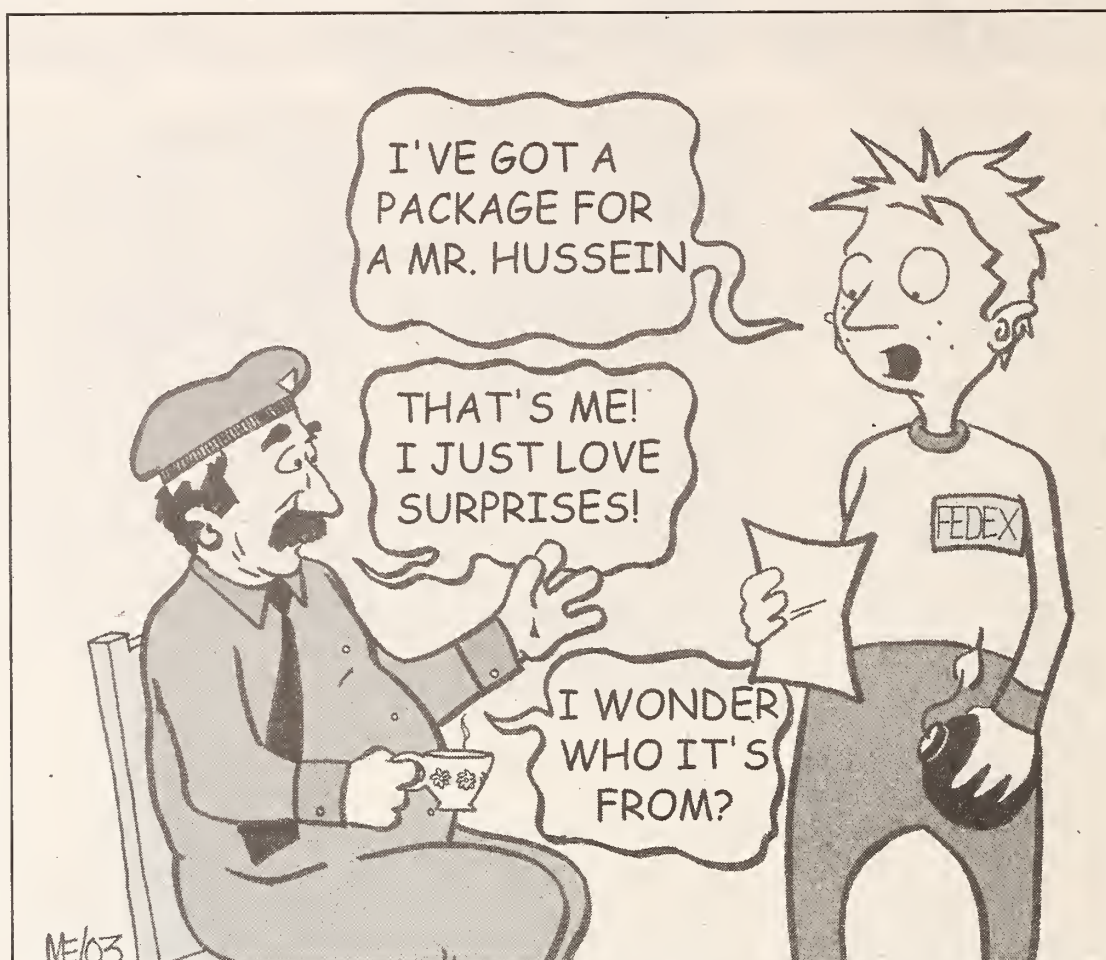
Then, as if things couldn't get any worse, the U.S. had to deal with the capture of 12 soldiers of whom an undetermined number were killed. Their bodies were displayed on Iraqi TV, while the U.S. cried that this violated the Geneva Convention despite the U.S. showing off their captured.

The U.S. entered this war vowing that it and coalition forces, which the U.S. says includes Ethiopia, Poland, Spain and Bulgaria to name a few, would have this war taken care of quickly and it seems that gains have been made. Now as coalition forces are making their way toward the city of Baghdad, they have been warned that the Iraqi army will use chemical and biological weapons on soldiers should they cross the "red line." So far we haven't seen these weapons.

Is this a risk the U.S. should take given its track record so far? If the U.S. does move beyond this line it will be guaranteed that any place soldiers bomb, civilians will be there as human shields.

Canada has resolved to stay out of this war, at least until the United Nations sanctions it, and who could blame us after our last "friendly fire" attack. We will soon be there as peacekeepers.

But it is always good to know that we have our big, strong neighbour to the south to protect us should evil forces and weapons of mass destruction threaten us. One day another country may want access to our clean fresh water, or our oil, or our lumber. On second thought, maybe Canada should begin talks with Ethiopia to see if they will save us.



Resolutions for spring

I love the first warm day of the year. It promises a fresh start and a feeling of rejuvenation. And I'm always amused to hear people rejoicing in the warmth, saying they can't wait for the snow to melt so they can enjoy the outdoors again.

Because that's when "spring resolutions" begin to be voiced. You've heard them - "I'm going to be healthier this spring, jog every morning," and "get started on that new project."

Like New Year's promises, spring resolutions are also broken with frequency. Staying healthy and getting up at the crack of dawn to jog are promises often left in the dust as spring and then summer wind down. Plans to thoroughly clean houses and cars are put aside as individuals lose their initial spring momentum.

I am always surprised at the ambitious scope of many spring resolution lists. I recently overheard someone rattling off a list of



Stacey McCarthy

Opinion

projects they had for spring and summer. They planned to visit a gym four days a week, start a modern arts night class and clean their house at least once a week.

I already know that while they will start out strong with their intentions, enthusiasm and interest will probably fade by the middle of summer.

It's the scope and number of spring resolutions that cause them to be broken so often.

I can't understand why so many people believe spring days bring extra hours in which they can accomplish so many ambitious resolutions. What obligations and circumstances present in the win-

ter can be so easily abandoned when spring rolls around? Jobs, school, mundane tasks and family obligations still demand much of a person's time, leaving little opportunity for extra projects and goals.

And like New Year's resolutions, spring resolutions are broken only to be promised again the next year. I often hear this from friends at the beginning of each new school semester. When school ends for college students in April, many have huge plans to help keep their summers busy and fulfilled. But they return again in the fall saying, "No, I didn't do that. I'll do it during the next break ... when I have more time."

Instead of planning a huge list of goals, set one. Keep your mind upon achieving it. Use time between your part-time job and relaxing to achieve this one thing. Too many plans demand too much time, more often than not leading to nothing at all getting done.



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No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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Comedian pokes fun in Sanctuary

By JASON NOE

He finally made it to Conestoga College, even though he was a semester late.

Comedian Russel Peters performed for students in the Sanctuary on March 19, giving them some laughs to go along with their lunch.

Peters had been originally scheduled to perform Oct. 22, but because his car broke down on the way to the college, the show had to be cancelled.

Conestoga Students Incorporated (CSI) managed to reschedule Peters for this month, because they wanted to give students the chance to see him.

It was a comforting sight for the CSI to see students laughing and enjoying themselves in the Sanctuary during Peters' performance. The previous week, students were informed the scheduled lunchtime show was cancelled because that comedian failed to arrive.

The CSI believes the cancellation of that show had no impact on the Russel Peters show.

"I think this week we even had better attendance than we might have had last week," said CSI events programmer Jody Andruszkiewicz. "We had a couple hundred kids in there today."

Andruszkiewicz felt bringing Peters to the Sanctuary would add variety in the comedians the students are seeing on Wednesdays.

"Russel always updates his stuff every time I see him perform," said Andruszkiewicz. "If we bring him back next year, there is a good chance most of his jokes will be different. It makes it more entertaining and more worthwhile for me to bring him back, because I know it won't be the exact same material."

The comedian from Toronto had the audience laughing throughout his hour-long performance where he joked about a variety of topics. Peters poked fun at his family life, being non-white, the different ethnic groups in Canada, and what it was like visiting countries such as Africa and the U.S.

Every couple of minutes, Peters would break from his routine and make fun of people who just happened to be walking past the stage.

"Looks like the banana won," said Peters to a student wearing a bright yellow shirt.

He also kidded around with members in the audience, playing his jokes off their reactions.

One of his biggest laughs came

when several students walked through the Sanctuary, just as Peters was making fun of their ethnic group.

"That's one of the funniest things that's ever happened to me while I was onstage," said Peters after the show. "I couldn't believe how they all just appeared like that."

Peters has been on a number of stages during his 14-year career as a stand-up comedian, including in England, Africa, and New York.

"I just came back from Trinidad and I did a show for thousands of people over three nights," said Peters. "It was a little nerve-racking."

He said he just fell into stand-up comedy because he had no career plans, he wasn't good in school, and he can't take direction well.

When he first began doing comedy, Peters said he used to sweat a lot, and remembers back to his first performance.

"It was horrible, but it was alright at the same time," he said. "I managed to get a couple of laughs, which made me want to come back and do it again."

One of his favourite stand-up comedians is George Carlin, and he was Peters' biggest influence when he began his career.

The first few years of performing were rough for Peters, and he was even forced off the stage when he opened for a rap group.

"I was opening for this group the Far Side and I was booed-off, but it was my fault," he said. "I was only four years deep, but it was a learning experience."

Eight years later Peters landed a spot hosting The Miss Nude U.K. pageant in England.

"That was the best gig of my life, because you can't really get a better gig than that," he said. "There were 20 naked women around me all night. That's a good gig."

Peters will only talk about issues he feels comfortable poking fun at during his performances.

He says he would never joke about religion, because people are extremely sensitive about the topic.

When asked what his advice would be to anybody wanting to get into stand-up comedy, his answer is simple.

"Just do it, and don't get influenced by what other people tell you if it's negative," he said. "If they tell you something positive, go with it. If you had a bad set, come off and be ready to go again. If you had a good set, know you had a good set, but don't brag about it."

COUNSELLOR'S CORNER: A Good Night's Sleep

Is the exam stress and Christmas-time demands causing you to lose sleep? Having a sleep problem can affect your mood, ability to concentrate and energy level. No matter which came first, the stress or the insomnia, improving your sleep can improve your ability to cope with daily stresses.

The most common sleep problems include sleep onset insomnia (taking more than an hour to fall asleep), sleep maintenance insomnia (frequent waking and difficulty returning to sleep at night) and early morning waking. Others include hypersomnia (sleeping too much), sleep apnea (severe snoring) and restless leg syndrome (leg discomfort and jerking). These tips may help improve your sleep:

" Avoid over-the-counter sleeping medication. These may help you to fall asleep, but can disrupt normal sleeping patterns and leave you sleepier during the day.

" Maintain a standard bedtime. Go to bed within an hour of the same time each night to avoid "jet lag."

" Don't go to bed too early. If you're trying to get to bed earlier, don't change your bed time drastically. To avoid tossing and turning, go to bed a half-hour to an hour before the time you normally get to sleep, and then gradually go to bed earlier (e.g. by half an hour a week).

" Set a standard rising time. Help set your internal clock by resisting the temptation to sleep in on weekends.

" Save your bedroom for sleep. Avoid activities inconsistent with sleeping in your bed. Don't study, work, talk on the telephone or watch television in bed to help associate the bed with sleeping.

" Create a good sleep environment. For most people, a good sleeping temperature falls between 18 C to 21 C. Avoid noise problems by using earplugs, soundproofing the room or creating white noise with a fan.

" Avoid napping during the day. This can disrupt your ability to get to sleep at night.

" Prepare for sleep. Avoid strenuous activity, exercise, heavy meals and bright light for at least an hour before bedtime.

" Practice breathing or distraction strategies when attempting to get to sleep. Thinking about problems or planning for the next day does not help you get to sleep.

To learn more about healthy lifestyle habits, talk to a counsellor in Student Services.

A message from Student Services (Room 2B02)

From the Sanctuary

The End

The final countdown; the closing stanza; the last hurrah! Call it whatever you want, but the truth is that it can't be avoided. It's as inevitable as death and taxes; it's something you can't just ignore. Whether you like it or not, THE END IS COMING!!

No, it's not the Armageddon or an alien invasion. It's the CSI's final kick at the can for the semester. One last chance to give the students what they have been longing for all year: The party to end all parties!

Sure, we've thrown parties in the past, but all of them combined pale in comparison to this one. We've given away trips; we've given away tickets; we've even given away the shirt off of our backs. How is this party going to be any different you ask? The answer is very simple. Sure, we will have our usual plethora of goodies to give away, but this time the grand prize is something completely out of the ordinary; something that has never been given away at any CSI event before. Let's just say that this will help the winner end the year off with a bang.

Now just when is this gathering taking place? On April 3, 2003 in The Sanctuary, the CSI will unleash the insanity that will go down in history as the most successful pub that has been thrown at Conestoga College to date! It will make you laugh; it will make you cry; it will make you scream for more!

What is to be expected once the end arrives? Well, simply put, this won't be your typical CSI pub night. The music will be what the students want to hear; the atmosphere will be one that everyone wants to be a part of; the beer will be cold. What more can you ask for other than world peace or a million dollars? The only thing left for you to do is to haul your butt down to the Sanctuary on April 3rd after 9 pm and party like it's the last thing you will ever do.

When the end comes, where will you be?

--Jeff Stemmler, Vice President of Communications

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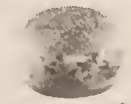
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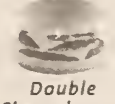
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(Photo by Denis Langlois)

The little tree that could

Many Conestoga College students may be feeling the stress of exams around this time. But, like this picture of a Waterloo Region tree emerging from a rock indicates, anything is possible if you just try.

CSI election a mess of miscommunication, broken rules

By NICK HORTON

This year's CSI election was interesting to say the least.

Miscommunication and disregarded rules were both part of the circus that was the CSI election March 3-5.

It started out on a sour note when vice-president of communications candidate Nizar Abboud was disqualified for not handing in an official transcript on time.

Abboud did hand in a copy of his transcript, but not an official copy. Abboud told officials illness prevented him from complying with the rule.

Judy Dench, general manager of the CSI, said Abboud had his chance, but didn't take it.

"The CSI bent over backwards to help him with the required transcript and he just didn't pick it up and bring it over," she said.

Sele Agbonaye, the CSI's chief returning officer (CRO), was prepared to hold a byelection if Abboud appealed the decision.

"The disqualification was done by the general manager without my knowledge. I was only informed about it on the day of the election, which I think was wrong. If he was to appeal the decision to disqualify him, I was ready to hold a byelection between him and the other candidates for the post of vice-president of communications," he said. Agbonaye added he would do this because he felt it was fairer for the students to vote rather than to have a candidate acclaimed.

Problems also arose in the race for vice-president of activities. Current vice-president of communications, Jeff Stemmler, who ran for VP of activities, accused opposing candidate Ethan Miller of breaking CSI election rules.

"When I was looking over his campaign policy, he actually had broken about three-quarters of the election policies that are outlined

in the CSI constitution. I just felt, for an executive member to be violating the constitution that is outlined for them to follow is just not right. I could pick out key points of his election campaign and match it up against election policy," he said.

After finding out he had lost to Miller, Stemmler wrote a letter of appeal stating what rules Miller violated and how he felt Miller broke them. However, he soon withdrew his appeal because his scrutinizer wasn't able to make it in to verify his statements because of personal issues.

Miller says throughout his campaign, Stemmler was trying to nail him on every violation he could.

"Essentially, the way I saw the whole thing, I was out campaigning giving 110 per cent and trying to rally support. I was at residence, I was in the school, I was talking to classes and I was talking with people. During the fire drill I was going around to every single group saying here, this is who I am, here is what I am going to do for your school. As I was doing this, the guy I was running against was sitting in his frigging office, with his hand on the rule book, saying how can I get this guy or how can I nail this guy when he slips up," he said.

Miscommunication arose when chief returning officer Agbonaye was considering extending the campaigning week because candidates were asking for more time. A few candidates however, weren't aware that this was being proposed.

"He (Agbonaye) was under the assumption that the election could be moved back a week and had been telling the candidates it was OK for them to be campaigning after spring break," said Stemmler. "He sent out an e-mail to the candidates telling them this was OK, but about half of the candidates didn't receive the e-mail.

Being a current executive member, it's kind of weird a member of a board which I am currently on doesn't have my e-mail address to send me that message," he said.

Agbonaye responded by saying: "I allowed the candidates to do what they wanted, because actually none of the candidates played by the rules of the CSI."

Controversy also arose when events programmer for the CSI Jody Andruszkiewicz told Miller he had ripped down his posters because they violated CSI election regulations.

"I thought physical resources or someone else in the college did it," said Miller.

"Maybe someone who had read the constitution and said these posters aren't to be up during this week, went on a tangent, and ripped them down without talking to the CRO. First thing the next day, I went to Jody and said, 'Would you mind telling me what's going on here? I spent a lot of money and a lot of time on my campaign and every single one of my posters has conveniently disappeared. Who did it? 'I did' he told me."

Andruszkiewicz, who is a full-time CSI employee, refused to comment.

However, Dench said she would be surprised if Jody participated in taking down the posters.

"I particularly asked our promotions assistant, who is not Jody, to take down the posters because they should have already been down. I would be very surprised if it was him," she said.

This isn't the first time controversy has hit the CSI. In April 2001, Spoke reported on a former president filing a complaint about the balloting process and its reliability.

"The CSI is a professional organization. It is just sometimes the decisions they make aren't for the benefit of all its members," said Stemmler.

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Tony Lee hypnotizes Conestoga

By JASON NOE

You missed out if you were not in the Conestoga College Sanctuary on March 20.

Triple-X hypnotist Tony Lee performed for almost 300 students who packed the room to see his variety show.

Conestoga Students Incorporated (CSI) put on the event, charging \$7 at the door for admission. Even though the show didn't begin until 8:30 p.m., people were already standing outside the Sanctuary an hour before the doors opened. Students who had seen the show before knew what Lee would be doing onstage; those who hadn't were in for a rare treat.

BJ Woodbury was the first act to appear onstage, and he didn't disappoint the lively Conestoga crowd. Woodbury performed 30 minutes of hilarious stand-up comedy, which featured jokes about his sex life, his experiences being intoxicated, and at the differences between women and men.

Comedian Gavin Stephens performed next, but his comedy didn't get the same reaction that Woodbury's received. The crowd hardly responded to any of his jokes, but he did have a tough act to follow.

There was a short break after Stephens' performance for the production crew to set up equipment for Lee.

Finally, at 9:30 p.m., the hypnotist appeared in front of the excited Conestoga crowd. Lee explained what he was going to do, and gave instructions for the crowd to follow if they wanted to be hypnotized. He told them to hold their hands together, hold their fingers an inch apart, close their eyes, and listen to his voice.

After, he told any students that couldn't break their hands apart to come onstage for further instructions. About 20 people marched onstage with their hands stuck together, and sat down on chairs. Lee went to each student and broke their hands apart, before giving them more instructions that would put them into deeper hypnosis.

Lee then turned to the audience and told them to listen to his voice, as calming music was played over the speakers. Those people who listened to Lee and believed in the power of hypnosis fell asleep. Lee went around to each person waking them, and gave each a personality they were going to be for the show.



(Photo by Jason Noe)

Tony Lee, a so-called triple X hypnotist, demonstrated his abilities in front of a crowd of more than 300 students on March 20. Students paid \$7 to see the hypnotist in person.

He told one male student that he was going to be Lee's assistant, only he was going to become a beautiful lady. Lee hypnotized a woman to believe she was part of the school council against swearing, and whenever Lee would swear a certain way she would become angry with him.

Back onstage, Lee hypnotized other participants into believing they were driving cars, trying drugs, and attending an elementary school. He hypnotized one student to think someone had just stolen his chair, even though he was already lying on the ground. The student began yelling insults at the person he thought stole the chair. Lee had instructed the student to only yell profanities, and not engage in any physical contact with the other person.

Some of the more outrageous parts of the show included people onstage performing fake sexual acts on themselves, pretending they were models of the opposite sex, and thinking they were holding dinosaur sex toys.

At this point, Lee told the people

onstage to go into the crowd and get one of their friends to come back with them, because their friends were their dinosaurs.

Once their friends were onstage, Lee instructed them to show the audience just how they sexually pleasure their dinosaurs. There was no nudity, but many embarrassed friends.

Lee then picked two female volunteers from the crowd to come sit onstage. Once they sat down, Lee hypnotized all the men onstage to strip down to their underwear and dance around them. One man was also hypnotized to show his behind to the crowd when the name Jody was yelled from the audience.

Other onstage highlights included a male student having whipping cream licked off his clothes by men who were hypnotized to believe they were women. Also, the woman who believed she was on the student council against swearing came onstage to yell at Lee who had sworn repeatedly.

Lee has been performing hypnosis with his variety show for the past 18 years. This is a big stretch

for a man who originally wanted to become a police officer, but fell into hypnosis by mistake.

Lee said after the show there was no training available when he first started doing hypnosis.

"I joined a society of therapeutic hypnosis, but couldn't get into it at first because I wasn't a doctor. Luckily, because of my massage therapy background, I got in and learned the fundamental basis of it. We also developed new methods, and I began teaching it."

Lee couldn't see himself working in a doctor's office, so he began touring and performing hypnosis on others for pure enjoyment. But he knows there are limits that shouldn't be crossed when performing hypnosis on people during his shows.

"Being we perform mostly in post-secondary institutions, we are careful of what we do with females and males," said Lee. "We are pro-female and pro-alternative sexual preferences. We treat everybody as an equal. That has to be done carefully and explained carefully, because some things may be offen-

sive to some people."

He explains it's the decision of audience members to fall under hypnosis if they are willing. At the beginning of his show, Lee told three people onstage to leave because he could tell the hypnosis was not working on them.

"People who do not want to be hypnotized won't be," he said.

Lee enjoys touring the colleges and universities around Canada, and is currently looking for a television network to air his comedy show. He has already filmed the first season, and is currently ready to move into his second season if a network chooses to air it.

"We have pioneered and set the course for a lot of other entertainers who have gone the same direction as we have moved into," said Lee. "There is destructive comedy and constructive comedy. The type of show we do, you can have any age, any sex, any nationality laughing in the same room, enjoying the same entertainment."

Lee views his style of hypnosis as pure entertainment and escapism for the audience.

"We try to make the audience forget about all the crap that is happening outside in the world for a couple of hours," he said.

Lee did that in the Sanctuary, leaving students crazily applauding as he left the stage.

The CSI was extremely pleased the show went over so well with students, and they are planning on having Lee return next year. "That was the most amazing show I've seen all year, probably the best event all year," said CSI events programmer Jody Andruszkiewicz. "I have to give credit to all three performers that went onstage tonight."

He views the success of this show as a building block for the CSI because they can only build off the turnout.

"I was worried about this event tonight, because the attendance of events has been sporadic," said Andruszkiewicz. "But at the same time, I wasn't worried, because this event always sells itself."

He hopes the response next year will be even greater for Lee.

"At the end of the day, if I can make 300 kids smile and say they've had an amazing time, then I've done my job and that's all that matters," he said. "Tonight, students found out the CSI is serious about throwing really awesome events."

Volunteer Cambridge's annual Mayor's Walk seeking participants

By BRANDI STEVENSON

Step outside on a spring morning and take a scenic stroll through Cambridge for a good cause.

The second annual Mayor's Walk for Volunteerism is May 3, and it's shaping up to be a great event.

"It's designed to be a fun morning, as well as to raise some money for some very good charities," said Sharon O'Mahony from Volunteer Cambridge.

Volunteer Cambridge is an organization that helps place volunteers with groups who need the help.

Before the walk, participants get pledges and select a charity they want to support. Half of the money goes towards their chosen organization and the other half goes to Volunteer Cambridge.

The money is put towards supporting community groups and promoting volunteerism.

There is plenty for participants to see along the 3.5-kilometre trek as well.

"The route that we are taking is through a rather historic area of downtown Cambridge, along the river pathways," she said.

The walk goes up Main Street

and through the Cambridge Farmer's Market. It's a good opportunity for people to stop into the stores on Main Street or to check out the market, O'Mahony said.

"It's not a race, so they've got lots of time to complete the route," she added.

Participants can also enjoy some entertainment while they walk. There's going to be mimes, guitarists, dancers and other performers along the way.

Entertainment is not the only way people can have fun. Last year some groups came with hats, T-shirts, and even flags to identify

their charity.

O'Mahony encourages people to take it a step further.

"We'd love it if a team would come all dressed up in costume or with a theme."

Volunteer Cambridge got the idea for the walk when another community did something similar. She said.

"We just thought that it might be a good fit for this community as well."

She added they thought it would be a good way for smaller groups to raise money since they may not have the resources needed to plan a fundraiser on their own.

Last year, \$14,500 was split between 30 charities. Although they don't have a target set for this year, O'Mahony said anything over last year's figure would be wonderful.

The event starts off at 9:30 a.m. with registration, and the actual walk begins an hour later. Refreshments will be served at registration and a barbecue lunch will close the morning.

For those interested in taking part, pledge forms can be picked up at Volunteer Cambridge at 24 Queens Square, or printed off online at www.cvbinfocamon.ca.



(Photo by Jeff Morley)

Heidi Breen, a third-year art history student, tries to feed chickadees behind the J.C. Nature Centre at the University of Guelph. She is a volunteer for the Sunday nature walks.



(Photo by Jeff Morley)

Ian Tetlow shows his daughter Abbigail a wasp larvae, in a common burr, behind the J.C. Nature Centre. They were part of the spring nature walk at the University of Guelph.

Spring has sprung at University of Guelph

By JEFF MORLEY

Despite the cool and wet days, now is the time to watch for the emerging creatures of spring. At the University of Guelph the J.C. Nature Centre leads tours enabling guests to see the subtleties of nature.

Each Sunday naturalist Laura Keegstra, or a volunteer, leads a walk through the university's Arboretum. The Arboretum is an area on campus that is largely wood-

ed, but also has different gardens scattered throughout it.

Guests can learn about insects, plants, raptors or even gain a new perspective on nature.

The nature centre has samples of pelts, snakeskins and bones for kids to handle and look at. They also have a rabbit, some fish, a painted turtle and usually a salamander. In addition, the centre puts on puppet shows and group activities for children to enjoy.

Ian and Lynne Tetlow think that the walks are a good opportunity to get the family out on the weekends.

"We only moved from England last July. This is all new to us. It's always a surprise when we see new things when we get here."

Heidi Breen, a volunteer with the nature centre, says that while the program currently caters to children, adults can still learn something.

Breen shows how insects, dor-

mant for the winter, can be found in common burrs.

She says that around campus or in your backyard the signs of spring should be showing. Bulbs are sprouting up, while robins and orioles have returned for the spring. For Breen, insects are the most interesting. "People should be keeping an eye out for praying mantis or bark beetles." Both come out early in the spring. John Quin enjoys the Arboretum and the nature walks

because he can take photographs. "Sometimes I come here at dawn and take pictures of anything and everything."

The nature centre conducts walks every Sunday. This Sunday the centre will be leading a walk and discussing daylight time. According to their flyer, the walk will focus on "time differences and the physics that make earth the place it is."

For more information call 519-824-4120, ext. 2113.



(Photo by Laurie Vandenhoff)

Shadows in the mist

Fog engulfed the Doon campus of Conestoga College on March 20. Fog is actually a thick cloud of water droplets near the Earth's surface that obscures visibility.

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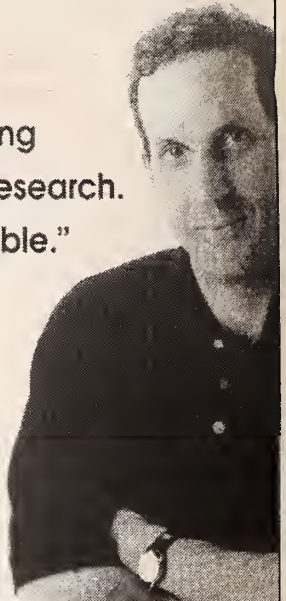


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CSI may implement underage-drinking cards

By JASON NOE

The bar in the Sanctuary is open for events, and the CSI wants to make sure it stays that way.

Conestoga Students Incorporated (CSI) is looking to change how they handle pub nights and other events, after several Ontario universities and colleges lost their licenses required to sell alcohol.

The University of Waterloo recently closed both its campus bars, after a student was beaten during a New Year's party. Mohawk College is in danger of losing its liquor licence, after having 13 documented infractions against them. St. Lawrence College's Cornwall campus lost its liquor licence in the first semester, and Sioux College had a 60-day licence suspension at the beginning of this year. Most of the charges were for underage drinking and students being served alcohol while they were intoxicated.

The CSI views this as a scary trend, and they want to make the bar in the Sanctuary even safer for students. They realize the college bar doesn't get as much student volume as the university bars do, but it only takes one incident to change everything.

"We try exceedingly hard to meet the requirements we are supposed to meet," said CSI events programmer Jody Andruszkiewicz. "For



(Photo by Jason Noe)

Conestoga Students Incorporated is looking at underage cards for minors at pub nights and other events. The cards are being considered because of a concern that developed after several Ontario universities and colleges lost their liquor licences.

example, at all of our licensed pub events, we are required to have two duty cops there."

Andruszkiewicz feels having the police present to monitor an event is a great service, because students are going to behave when they see two uniformed officers in the same room.

"I don't know if the other colleges or universities have duty cops, but I do know there weren't any the night of the incident at the University of Waterloo," said Andruszkiewicz. "Because of the rash of alcohol-related incidents at

other schools over this past academic year, it has caused me a lot of concern and grief."

Andruszkiewicz says that expenses for security at pub nights are extremely high, but it is worth it if it helps keep the environment safe for students. He expects these alcohol-related problems are only going to get worse with the double cohort next year.

To combat the rise in the student population, the CSI wants to implement a new defence called the Wet-Dry program. The system is already in place at the University of

Western and Fanshawe College, both in London.

"It basically requires all underage students to get a wet-dry card that acts as a second student card," said Andruszkiewicz. "But it identifies them as an underage student who can participate in any event where alcohol is being sold."

Andruszkiewicz wants to see the framework of the program instituted at the college. He realizes students likely won't want to have another student card, but because of all the drinking incidents over the past year, he would rather

Conestoga be safe than sorry.

"The wristband policy works, but it's not 100 per cent effective and the Wet-Dry program is probably not 100 per cent effective either," said Andruszkiewicz. "But I am willing to bet that it's a little better than the wristband policy. I would like to have this in place by September."

The cards would only be issued to students that are under 19 years of age. Andruszkiewicz believes by having this safeguard in place, it would limit any possible incidents of minors being served alcohol.

"The only other alternative is to say no to underage students, and I don't want to exclude them," said Andruszkiewicz. "They pay the student fee, and they shouldn't be punished because of their age."

The CSI has briefly spoken with campus officials about the issue, but Andruszkiewicz thinks plans should be in place before the double cohort hits the college. The CSI wants to schedule meetings with the administration of the college to further explore the idea of a Wet-Dry program.

"We need to prepare now so we are not scrabbling in September," said Andruszkiewicz. "With more underage students coming, this is a safeguard we can work on together to ensure parents we are taking care of their children."



(Photo by Daniel Roth)

Pretty in pink

Rebecca Babb, a second-year broadcasting — radio and television student, takes a break from filming in the college's TV studio. She is playing the role of 'Senta,' a German spy for her final project.

PEER SERVICES

MIND MAPPING

MIND MAPS are an extremely effective tool for studying. They show the structure of a subject, the relative importance of facts and ideas, and help to associate ideas and make connections.

1. **MIND MAPPING** involves writing down a central idea and radiating related ideas out from the centre. By focussing on key ideas and then looking for branches out and connections between the ideas, you are mapping knowledge in a manner that will help you understand and remember new information.
2. By personalizing the map with your own symbols and designs you will be constructing visual and meaningful relationships between ideas that will assist in your recall and understanding.
3. Many students find it useful to turn their page on the side and do a mind map in "landscape" style. With the main idea or topic in the middle of the page this gives the maximum space for other ideas to radiate out from the centre.
4. Some of the most useful mind maps are those which are added to over a period of time. After the initial drawing of the mind map you may wish to highlight things, add information, or add questions up until exam time.



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PARTICIPATION
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U.S. border regulations affect Muslims

By DENIS LANGLOIS

(The name of the victim has been changed due to fear of backlash.)

A Conestoga College student now knows what it feels like to be humiliated and violated because of his culture.

When John, who was born and raised in Canada by Pakistani immigrants, crossed the Peace Bridge from Fort Erie, Ont. to Buffalo, N.Y. on Dec. 31, 2002, he didn't expect to be detained for three hours and questioned about his family, friends, school and occupation.

"I felt violated of all my rights and I was very angry that just because of my background and religion, they were treating me in this manner. I felt humiliated and treated as if I didn't belong in their country," he says.

At 7:30 p.m. John, a computer engineering student, and one of his friends loaded into his car and headed across the border to visit a friend at the University of Buffalo. When the customs officer looked at John's passport, he told him to park his car and proceed to the immigration office.

The officer questioned John about the trip he took to Saudi Arabia for a wedding. John says the officer asked him more than three times the purpose of the trip and wasn't satisfied with his answer.

After being questioned for an hour, John was asked to step out of the room and was later called back. John says after they began questioning him again, he got upset and demanded an explanation.

"They were showing me attitude and in return I told them that I don't need to be treated like an immigrant," he says.

After deciding he was no longer interested in visiting the U.S., John says he stood up and began to leave. But before he could, he noticed three more officers standing behind him. John says he was told to answer all their questions before he could leave and was instructed to answer them honestly.



(Internet photo)

The Peace Bridge in Niagara Falls is one of three international border crossings near Buffalo, N.Y. Everyday about 260,000 people enter the United States from Canada and the majority of them take bridges.

"I was stuck in the middle, so I decided in my mind that it was best to just answer their questions because I had no other choice."

John says after the questioning, he was photographed and fingerprinted before being allowed to leave.

"They gave me a manual on the terms and conditions I would have to abide by during my stay in America. They had stapled a slip to my passport that I would have to show upon my return to Canada."

John isn't the only Muslim who has been questioned and detained before entering the U.S. According to BBC News, the U.S. has undergone criticism for its new regulations to register people from selected Arab and Muslim countries before they enter the country.

The new policy allows the U.S. to photograph and fingerprint everyone who enters the country and run the information through terrorist and criminal databases.

This policy was created after the terrorist attacks on Sept. 11, 2001.

According to the Canadian Muslim Civil Liberties Association (CMCLA), this policy promotes racial discrimination.

Naeem Siddiqi, communications director for the CMCLA, says what happened to John is not an isolated case and is happening more often.

"The Canadian government has recorded more than 250 incidents (in recent months). We have recorded some, but a lot of people, especially business travellers, are afraid to officially report an incident due to fear of a backlash," Siddiqi says.

The CMCLA is a group of concerned Muslims who are well educated in Canadian law and social policy. They advise travellers on their rights at the border and help people who have been violated submit official reports to the Canadian government.

Siddiqi says although there have been a significant number of

reports about Muslims being interrogated upon entry to the U.S., there have not been any reports of it happening on this side of the border.

Rodney Moore, a spokesperson for the Ministry of Foreign Affairs, says Canada does not discriminate against people who cross the border.

"Canada does not practise racial profiling at the border or elsewhere," he says from his office in Ottawa.

He says Canadians should be prepared before they enter the U.S.

"For information about what Canadians may expect when they cross the border into the United States, I would suggest they look at www.voyage.gc.ca," Moore says.

Siddiqi says during the war in Iraq, people from the Middle East should minimize their travels to the U.S. to avoid a hassle.

"Otherwise you cannot reduce the risk of being racially discriminated against, short of changing your skin

colour, place of birth and religion."

Siddiqi says most customs and immigration officers are understanding of people's cultures and treat citizens with respect. However, he says they are caught in a difficult situation.

"The U.S. officials are caught in an unfortunate choice of having to implement racist policies. The racist policies, however, provide an opportunity for officials with biases to practise them more frequently."

He says although there have been no reports of people being harassed on the Canadian side of the border, he is disappointed with how the government has handled situations that involve harassment in the U.S.

He says officials should post traveller's rights signs at all crossings and pay more attention to complaints.

"They need to publicize and act on the harassment of Canadian citizens at U.S. borders with more intensity," he says.

As for John, he says he is now afraid to cross the border into the U.S.

"It was a very scary experience to be detained for almost three hours and asked questions over and over."

He says his opinion of America has changed since the incident and will think twice before returning.

"I have concluded that there is a reason why there is so much hatred against America. And this hatred is something that America has placed into the hearts of millions because of the way they treat others," he says.

The U.S. continues to say they are looking out for the good of the nation and the protection of its people.

But John says this shouldn't be an excuse to stereotype all Muslims.

"There's always the odd few that give a nation a bad name and it is very stereotypical for America to think of all Muslims as being a potential threat to their well-being."

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Conestoga rec centre undergoing renovations

By NICK HORTON

Out with the old and in with the new. At least that is the philosophy behind the Conestoga College Recreation and Athletics Centre.

On April 1, the initial stages of installing new arena boards will be put into motion. The project is expected to span a seven-week period ending May 23. The undertaking will consist of stripping all the existing white panel plastic while installing new wood framing for support. As it stands now, the panelling has not been changed, except for routine maintenance, since the arena was built in 1979.

"It's a sizable job for us to accomplish with our regular work-

load along with it," said Peter Schlei, head of maintenance operations at the recreation centre.

When asked what the cost of the project would be, Schlei gave a ballpark figure of \$6,000, not including labour. Hiring an outside contractor to do the job was considered, but wasn't feasible. The total cost, including labour, would have jumped to around \$25,000.

"We are doing the same thing, but just getting the materials."

When students return in the spring, the arena won't look any different in terms of colour, it will just look newer.

A new gym floor is also being considered for the recreation centre. The current floor is 23 years

old and is showing its age. Air pockets appear regularly during the year.

Paul Osborne, manager of athletics and the recreation centre, said there is no concrete plan, but they have looked into it.

"We are finding out what companies are around, although there is no guarantee we have the money in place," he said. He added that a synthetic floor would be the surface of choice because of the gymnasium's varied use.

"The main reason is that it would be multi-purpose. The gymnasium sees about 60 hours a week of class time that is non-traditional use. We also have around 10-12 Christmas parties a year, so a wood floor would be ruined," he said.

FOOD

for thought from
PARTICIPACTION

Couch potatoes? French fries? IT ALL ADDS UP!

Couch potatoes, not French fries, may be to blame for obesity. That was the catchy title of a recent article exploring the many factors involved in effective weight management.

We have long blamed improper diets for creeping weight gain. More a proper body weight, but active living is crucial, too. In fact, they are a dynamic duo.

The rate of obesity in children, teens and young adults is on the rise. With an increased intake of "fast and junk foods" combined with sedentary lives as a result of TV, computers and video games, generation "X" is quickly becoming generation "XL".

"Balance and moderation are what we need," suggests Judy Toews, a registered dietitian and author of a book on raising "weight-wise" kids. Toews notes, "Nothing we eat is absolutely perfect or entirely bad. It's simplistic to claim some foods are good for us, while others are 'junk.'"

All foods can fit into a healthy diet, but some foods must be eaten in moderation. Making small changes in your lifestyle can make a big difference in helping you reach your weight loss goals. Here are some ideas to help get you started:

In a journal, record everything that you eat and drink for the next 3 days. Be sure to include **what** you eat, **how** much and the **time** you eat. After the 3 days ask yourself the following questions

- 1 How often were you active?
- 2 How long did you do each activity?
- 3 Did you enjoy what you were doing?
- 4 How many "other" foods did you eat (those high in sugar, fat or alcohol)?
- 5 How frequently are you eating?
- 6 Were you really hungry or did you eat for other reasons (just because the food was there, you were out with your friends)?

Losing weight and keeping it off can be challenging. The key to successful weight loss and maintenance is a combination of following a low calorie, low fat diet and being physically active for 30-60 minutes per day. To make the necessary changes, begin by setting reasonable and specific goals. Monitor your progress to measure that the goals you set are reasonable, realistic and attainable.

Establishing healthy habits at an early age is essential. As the old adage says, "When it comes to bodies, there's only one per customer."

Your family doctor, a registered educator or community fitness specialist can provide more helpful information.

**Eat right
Exercise too
Ask your doctor
you**



www.participaction.com

Board of governors elections in April

By AIMEE WILSON

On April 2, each Conestoga campus will be holding an election.

Two positions for internal representatives on the college's board of governors are expiring in August: the administrative member and student position.



Donald

Vying for the administrative member position are Sharon Flood, college accountant, and Dr. John Donald, dean of the school of information technology and media studies.

Deborah Cripps, Bonnie Morrison and Francesco Robles, current student member, will be running for the student position on the board of governors.

The polls will be held from 11 a.m. to 1 p.m. inside Door 4 and 5:45 p.m. to 7:15 p.m. in Room 2B10-6.

The administrative position is

re-elected every three years and the student member position is re-elected yearly.

"The board of governors is responsible for the governance of the college. It establishes the governing structure and establishes where policy setting ends and administration begins," said Kevin Mullan, secretary treasurer, board of governors. The board of governors is also responsible for the bylaws of the college, the selection and evaluation of the president and monitoring of the college's success and operations.

The role of the administrative member on the board of governors is to represent and bring forth the administration's perspectives, concerns or desires to the board.

Flood has been working at the college for seven years and has never sat on a board. "It's going to be a learning experience for me," she said. Flood feels the timing is good because her children are now older and she has more time to do different things. Donald has been with the college for two-and-a-half years and is looking forward to contributing to the college's success. "I'm proud to be an employee of the college," he said, adding, "I'm excited about the college's role in the community."

Donald is the director of a local IBM user group called Central Ontario information Network (COiN). If chosen, Donald said he would "make sure the college continues to be successful."

Cripps, a first-year student in the business administration-materials management program, said she is outspoken when it comes to issues

she's concerned with.

"I'm running for the board of governors because I'm very passionate about important issues that will impact the college and the direction it is taking," she said. She has sat on a variety of boards and committees, and presently sits on the APICS student executive and the Program Advisory Committee for her program, to name but two.

All college management staff are eligible to cast a vote for the administration member position.



Flood

All students currently enrolled in a program are eligible to cast a vote for the student member position. Advance polls will be held March 31 and April 1 from 11 a.m. to 1 p.m. in Room 2B10-5 and 5:45 p.m. to 7:15 p.m. in Room 2B10-6. Voters must have their college ID card and driver's licence with them for identification.

Fate of Canadian immigrants gloomy



Petr Cihacek

Opinion

"Discrimination" and "poverty" might be among the first English words some immigrants start using after coming to Canada.

The recently released 2001 census showed dismal statistics for our newcomers who, although they had higher rates of university education, were unable to find jobs in their fields and were earning much less than their Canadian counterparts.

Approximately 40 per cent of immigrants aged 25 to 54 who came to this country in the 1990s had a university education, compared to 23 per cent of Canadians. However, in 2000, male immigrants living in this country for one year earned only 63.1 cents for every dollar made by Canadian-born workers, down from 71.6 cents in 1980. The situation of female newcomers was even worse as they earned only 60.5 cents for every dollar made by those born in Canada.

In 1990, immigrants who knew

either English or French and had lived in Canada for seven years made the same amount of money as their Canadian-born counterparts.

But in 2000, male immigrants who have lived in Canada for 10 years earned only 79.8 cents for every dollar made by Canadian workers and women managed 87.3 cents.

In the years to come, more and more newcomers will be needed to replace all the retiring baby boomers and it is estimated that by 2011, immigrants will account for all the labour force growth in the country. Isn't it time to start treating them with a little more respect?

And it is not just a matter of respect but also a matter of common sense.

Job discrimination is hurting not only immigrants but also the Canadian economy as \$2.4 billion is lost each year because the majority of university-educated male immigrants are working low-paying jobs as truck drivers, janitors or security guards.

In Toronto, visible minority immigrants are poorer than ever as they account for almost half of the clients of the city's food banks.

And this heart-wrenching disap-

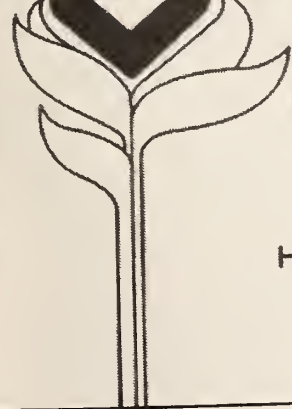
pointment usually comes after long years of hoping, dreaming and waiting for approval to enter Canada.

Although immigration officials are already inundated with thousands of applications, the federal government has recently introduced new rules that make it even harder to immigrate to Canada. There are growing demands on those who seek to enter the country as skilled-worker immigrants and their qualifications are used as a means of eligibility for immigration.

I wonder why the government insists that only skilled and educated people are eligible to enter this country as their qualifications are not recognized and they mostly end up getting low-paying labour positions that could be filled by any high school dropout ...

Immigration to Canada is not only lengthy and difficult but also costly. All applicants must pay a \$500 processing fee and a \$975 right-of-landing fee. For people, especially those from developing countries, it means an enormous amount of money they have to pay to enter Canada, the country that is called a "cultural mosaic" and is based and dependant on immigration.

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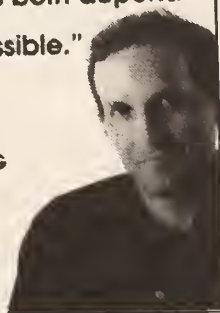
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Do long-lasting lipsticks last in real world?

By MARCY CABRAL

(This is the third in a three-part series rating the best beauty products.)

Lipstick wearers around the world screamed in delight when cosmetic companies introduced all-day lip colour. But now that they're here, which do you choose?

With so many different brands, shades, and advertisements the decision is often more difficult than it was first thought to be. So, in order to clear up some of that lipstick confusion, here are three different brands that promise a full day of long-lasting luscious lip colour.

Revlon Endless

With a name like Revlon and Cindy Crawford as a spokesmodel, this lipstick has to be amazing, right? Wrong.

Jessica Craig, a student at Wilfrid Laurier University, bought Endless and absolutely hates the product.

"I found that it didn't go on smooth, but sort of thick," she said. "And isn't it supposed to last for eight hours?"

When Craig applied the lip colour, she was ready for a full day of classes with no time for touch-ups, so she thought the product was a great idea. But after only a few hours her lips began to feel dry. She pulled out a mirror to sneak a peek and noticed that the lipstick was pasted onto her lips.

"It was like I filled in my lips with a liner and left the house," she said, grabbing the product from the drawer. "It looked awful, and my lips felt so dry."

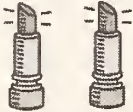
According to Michelle Bishou, a cosmetician at Shopper's Drug Mart in Waterloo, the one major flaw with all long-last lipsticks is moisture. She said the ingredients used to create the staying power sometimes counteract the moisture.

"It ultimately comes down to a personal decision," she said. "Either you want the all-day colour or you want moist lips. But for the most part you can't really have both."

After the initial trial, Craig decided she was going to keep the product but not because she liked it.

"I paid almost \$10 for this lipstick. I can't throw it out. I'll just have to use it occasionally. But for now it goes in the drawer with all the other only-used-once products."

Rating: Two out of five



Maybelline Forever Lipstick

The famous slogan, "Maybe she's born with it. Maybe it's Maybelline," definitely holds true for this product.

Wendy Shaw, a 25-year-old Cambridge resident, thought she was born with full, pouty lips, but she hadn't seen, pouty until she applied Maybelline's Forever Lipstick.

"It was great," she said, holding up her new tube of lipstick. "It held true to the ad. It didn't cake or flake, like some of other long-last brands I've tried."

In fact, Shaw said the product went on smooth, like a regular lipstick, and even after six hours the colour looked like it was just applied.

"The Forever Lipstick is fairly new," Bishou said. "I haven't really heard any complaints about it yet, but Maybelline tends to back their products pretty well, so I don't foresee any major problems with that lipstick."

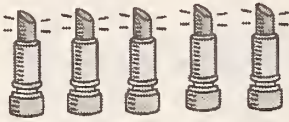
Bishou also added that Maybelline products tend to sell well in comparison to other companies, such as Revlon. She believes it may have to do with the famous spokespeople the company uses.

"Their campaigns seem to be marketed to the 16-28 range. They have Sarah Michelle Gellar as their current spokesperson, and she can be targeted to the younger group, but she also has an appeal that the 20 to 28 year olds can relate to as well."

Shaw purchased the product because it was on sale, and because she remembered a commercial she had seen for it.

"I'm so glad I bought this lipstick," she said, smiling. "I'm never switching again. It makes my lips feel soft and I don't have to retouch for at least six hours. I love it, and I think I'm going to buy Forever, forever."

Rating: Five out of five



Cover Girl Outlast All-Day Lipcolour

This brand comes in about 50 shades and looks wonderful, but as Alicia Burke found out, appearances can often be deceiving.

"It looked more promising than the others," the 22-year-old University of Waterloo student, said. "It had a tube of lip colour, and then the tube of gloss."

The Cover Girl two-step system is intended to combine the best of both worlds, great colour and all-day moisture you apply when your lips feel dry. But somewhere along the line, something went wrong.

"I applied the colour," Burke said. "And then I added the gloss. I happened to take a final sip of my orange juice before leaving for the day and there it was: lipstick on my glass. So it failed, right there."

The product says it provides long-lasting lip colour that stays on your lips, not on your glass, or anywhere else. But Bishou said the product does work, if used correctly.

"The problem with Outlast is that it doesn't mention anything about a drying period," she said. "Once you apply the lip colour you should wait for the colour to set and dry completely before applying the gloss."

She recommends waiting about three to five minutes before apply-

ing the gloss. But she also warns that Outlast has the same dry feeling on your lips as the Revlon Endless product.

"Outlast gives you that gloss, but I've had people come in after a couple of weeks of wearing the lipstick and they need another tube of the gloss."

Burke ultimately found the product a waste of money. She said about halfway through her day she noticed the colour was disappearing in the centre of her lips but the outer edge was still filled with colour.

"It looked awful. It was almost like I had forgotten to put lipstick on the rest of my lips. And taking the stuff off was practically impossible."

For removal of all long-last lipsticks, Bishou recommends a strong makeup remover, or placing some Baby Oil on a cotton absorbent pad. She said if you're going to use a wash cloth be sure it's one you don't mind having ruined because the colour will remain on the fabric.

Shaw admits she was sucked in by the thought of not having to re-apply the product, and that it wouldn't leave lipstick marks on glasses or napkins.

"The idea is great," Shaw said. "But after spending money on Outlast and being disappointed, I think I'll just stick to good old-fashioned, reapply-every-couple-of-hours lipstick."

Rating: Three out of five



Alumni volunteer makes difference around the world

By AIMEE WILSON

Not everyone will travel across the world to make a difference.

However, for 12 years Glenn Campbell, treasurer for alumni services, has been volunteering his time to build structures in Third World countries.

Campbell arrived back home March 5 from his latest journey. For the past three months, this husband and father of two was in St. Vincent, in the Caribbean, building a medical centre in the village of Rillan Hill.

Campbell graduated from Conestoga College in 1984 from the manufacturing wood technology program. He led the construction project in St. Vincent, which consisted of three teams. Altogether, 42 individuals went across the world to construct the building. "We build anything the community needs that they can't afford to build," he said.

Bill Sears, founder of the organization, started this tradition close to 20 years ago. Throughout each year Sears searches for places in need of community structures. Since Campbell's involvement with the task force, he has been to St. Vincent five times, Antigua, Trinidad, St. Lucia and Dominica. Altogether the task force has built

medical centres, dental offices and community centres.

During the year Sears also approaches different organizations for fundraising. "He (Sears) has such a good reputation," said Campbell, adding Sears raised \$37,000 for this project.

Although the task force raises money, the proceeds go directly to the materials for the project. Therefore, the volunteers pay for their own accommodations, food, flight and transportation to and from the site.

Since last June, Campbell owned his own cabinet business, which he sold to a competitor. "I wanted to try something new," he said.

Campbell said his most vivid memory of being to these countries was the gracious way the people treated them. "They offer anything they have," he said, adding, "It's nice to see their appreciation." In many of the homes, Campbell said most people live on a 12-by-12 dirt floor with chickens walking freely around the home. According to Campbell, despite the poor conditions, everything was done to help make them feel comfortable.

Not only does Campbell travel and volunteer his time to needy countries, he also volunteers at kids camps. Until two years ago,

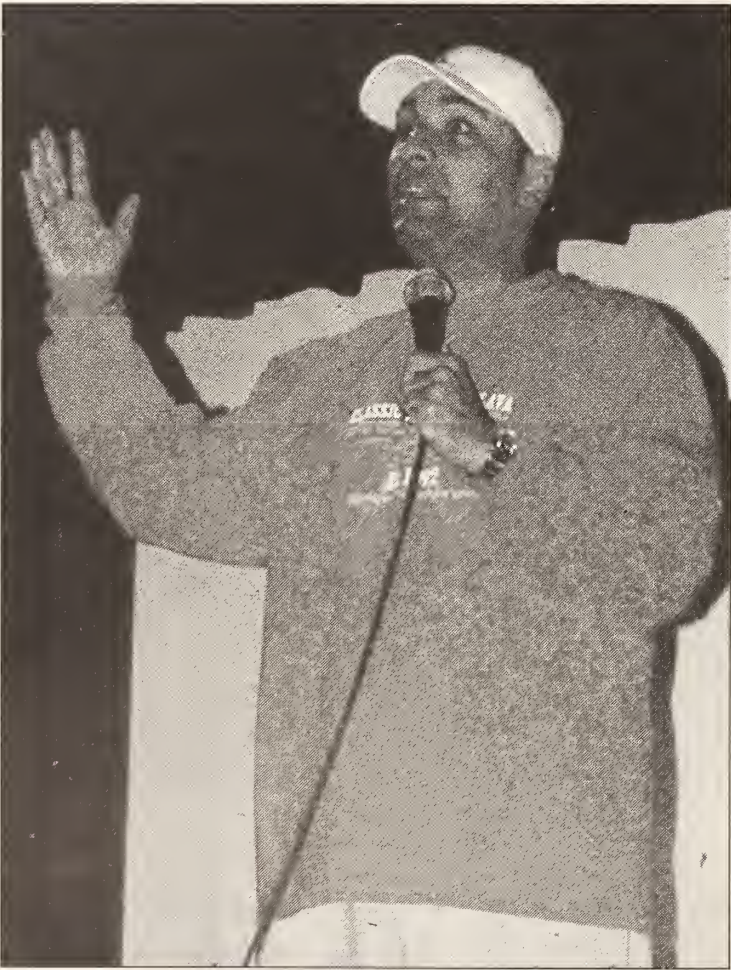
Campbell volunteered and sat on the board of directors at Camp Kakeka in Haliburton for 12 years. This particular camp is extra special to Campbell because he went there as a child. Just before Campbell became involved with the site, he learned it was about to go bankrupt. So, he spent his time collecting building materials for the camp and volunteered his summer weekends to do renovations to get it up-and-running again. "I really get involved with kids and helping them out as much as possible," he said.

Campbell stopped doing work for Camp Kakeka two years ago to be with his wife who became sick with cancer. She is now in remission.

Campbell said he gets his inspiration not only from the different people he meets at the camps but also his father. He explained how his father started off pushing a broom and ended up being the head of the architectural department at Stelco.

The next possible trip for Campbell may be to return next February to St. Vincent to finish the second half of the medical centre.

"You don't realize how building a building affects people. It's pretty neat," he said.



(Photo by Lesley Leachman)

The joke's on us

Russel Peters performed in the Sanctuary on March 19 after his original performance of Oct. 22 was cancelled because of car trouble. Peters had the crowd laughing when he broke from his routine to poke fun at unsuspecting students watching the show. See story Page 5.

April Fool's Day historic holiday

By LESLEY LEACHMAN

April Fool's Day is one of the most frivolous days of the year. It's a simple holiday - no one gets to take the day off, no presents need to be bought and no decorations have to be put up.

Although it is a light-hearted event, April Fool's Day comes from a serious matter, the adoption of a new calendar.

In ancient Rome, they followed a calendar celebrating New Year's Day on April 1. But in 1582, Pope Gregory declared that a new calendar (the Gregorian calendar) would replace the Roman one. The modern calendar commemorated New Year's on Jan. 1.

In France, however, some people refused to follow the new calendar and still celebrated New Year's Day in April. Others did not receive the news of the modern calendar and

still followed the old one.

The people who had accepted the Gregorian calendar mocked those who didn't and sent them on "fool's errands."

April Fool's Day is one of the most frivolous days of the year. It's a simple holiday - no one gets to take the day off, no presents need to be bought ...

Over time, the French came to refer to April 1 as poisson d'Avril (April fish) and children would sometimes tape a picture of a fish on the back of a classmate. When the child discovered the picture, the others would cry poisson d'Avril!

The tradition of fooling someone

on April 1 soon spread to Britain and then to the American colonies. Each nationality developed a different way of poking fun and playing pranks.

For example, it is believed that Scotland is responsible for the kick me sign prank. In Scotland, April Fool's Day is spread over two days and the second day is called Taily Day. This day is reserved for playing pranks related to the posterior area of the body.

In England, tricks are only played in the morning. Putting food colourings in milk, tying shoelaces together and stuffing newspaper in someone's shoes are all traditional pranks. If you fall victim to a prank, the prankster will point at you and shout noodle!

In Mexico, April Fool's Day is actually celebrated on Dec. 28. It initially began as a remembrance day for the murder of children by

King Herod. But, over time, the day began to change into an event where people cherished good times by playing pranks on others.

In Portugal, April Fool's Day is commemorated on the Sunday and Monday before Lent. The customary prank is to throw flour at your unsuspecting friends and family members.

Although it is customary to trick your friends and family on April Fool's Day, some people have taken pranks to the extreme ...

Although it is customary to trick your friends and family on April Fool's Day, some people have taken pranks to the extreme, fooling thousands of people.

For instance, in 1986 the French were stunned to learn that the government had agreed to dismantle the Eiffel Tower in order to put up a stadium for the 1992 Olympic Games. The tower was going to be moved into Euro Disneyland in eastern Paris. French patriots were relieved to find out later that it was just a prank.

Also, in 1994, a U.S. radio station pulled a prank that excited a lot of teenagers. It reported that Pepsi was sponsoring young people to tattoo their ears with the Pepsi logo. In return, the teenagers would receive a lifetime discount of 10 per cent off all Pepsi products.

In Italy in 1995, a statue of Vladimir Lenin miraculously began to weep. People came from all over the country to witness milky tears pouring from the statue, until it was revealed to be a prank.

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(Photo by Lesley Leachman)

A hypnotizing affair

Hypnotist Tony Lee gave a show that brought in 300 people to the Sanctuary on March 20. See Page 7 for the full story.



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6:30pm - Cocktails
7:00pm - Dinner

Athletes can purchase their tickets at the Recreation Centre





Horoscope

Week of March 31-April 6



Happy Birthday Aries!

Having too many options on your birthday could lead to chaos. Pick what you want to do the most; don't listen to your friends suggestions.



Aries March 21 - April 18

If you have a lot of work right now, deal with each problem or situation individually. Don't combine your problems.

Luckiest day: April 1.



Taurus April 20 - May 20

A close friend will be bringing good news. If you have been struggling with various issues, you will have the answers soon.

Luckiest day: April 6.



Gemini May 21 - June 21

You will continue an uphill struggle to complete something. Whether it's work or school you will soon achieve your goal.

Luckiest day: April 2.



Cancer June 22 - July 22

You are going to start receiving the rewards from putting extra efforts into your work and or projects. You deserve them.

Luckiest day: April 1.



Leo July 23 - August 22

You will have to weigh the odds of both sides of any problem carefully. If friends ask you for advice, give them the honest truth.

Luckiest day: April 5.



Virgo August 23 - September 23

You will have to make a decision regarding a problem at work or school. Weigh both sides of the problem carefully before deciding.

Luckiest day: March 31.



Libra September 24 - October 22

You will soon be done with the issues which have been causing you stress. You will be rewarded for your efforts.

Luckiest day: April 2.



Scorpio October 23 - November 21

Several different stressors are going to make you feel down. Deal with each problem as it comes. Don't procrastinate.

Luckiest day: April 3.



Sagittarius November 22 - December 21

Friends and family are going to be around you a lot this week; you are going to have lots of fun. Be careful on how much money you spend though.

Luckiest day: March 31.



Capricorn December 22 - January 19

Chaos and disorder will have you struggling to make sense of your situation or catch up on work. Deal with one problem at a time.



Aquarius January 20 - February 18

If friends or family around you are bickering at each other, stay out of the situation. You have too much going on to be worried about someone else.

Luckiest day: April 5.



Pisces February 20 - March 20

Disorganization has lead to chaos. If you are trying to make sense of everything going on you will have to deal with each issue separately.

Luckiest day: March 31.

Daniel Roth is a third-year journalism student who has studied clairvoyant issues for four years. This is his last horoscope, since he is leaving us to begin a work term.

Bands rock the Circus Room

By PETR CIHACEK

Although some people living in the neighbourhoods near downtown Kitchener might have thought they were hit by an earthquake, there was no reason to panic.

The roar they heard on Saturday, March 22, came from the Circus Room that hosted five noisy bands.

And because of the desperate lack of shows featuring extreme bands in Waterloo Region, it was a special occasion for many fans as well as musicians.

"It's good for the region, because we do not have any aggressive metal shows in the area at all," said Jason Smith, the bassist and vocalist of Dead of Winter, one of the bands performing at the show.

The first bands arrived at the venue on 729 King St. E. at around 8 p.m. and within two hours, the tiny Circus Room was full. However, there were only around 20 fans who were almost outnumbered by members of the bands, which is a sad reality of most shows of this kind in Ontario.

Although the first people started coming before 9 p.m., they had to wait till 10:30 p.m. before the first band, Kitchener's Iron Bitchface, came on the stage.

The band, however, had fun playing its twisted grindcore music with funny lyrics which was appreciated by the audience that often laughed at the jokes of Kaylé Martin, the band's vocalist. Some of their songs were no longer than 10 seconds and Martin attracted a lot of attention by uttering various noises and throwing his microphone on the floor.

Martin, who is a Conestoga student and who ran the show, said the turnout was good, considering the concert was in Kitchener in a licensed place where minors were not allowed.

"This is our sixth show in Kitchener," said Martin. "We've been around for a year."

The next band, Toronto's Slit, Writhing Elizabeth, took a long time to make sure everything sounded perfect, but as the audience soon found out, the wait was worth it.

Although the members of the band looked young and the vocalist, Lee Newton, seemed nervous while introducing the band, they proved their experience and excellence the minute they started playing.



(Photo by Petr Cihacek)

FTF guitarist Topon Das (left), vocalist Mel Mongeon, guitarist Tim Audette and drummer Matt Connell played their first show in Kitchener on March 22.

The sound was excellent and it was an amazing experience to see them play their thundering death-grind moving at medium pace with fast passages that received loud applause from fans. Slit, Writhing Elizabeth is definitely one of the better bands on the Canadian scene with a successful future ahead of them.

It was the band's first show in Kitchener and one of the first shows with its new drummer, Dan Mills, who did a great job behind his kit.

The third band, Hands of Death, who came from Montreal, was also in Kitchener for the first time. Although the band was formed just a year ago, it has already toured Europe and is going to release its second album. And the brilliant mix of hardcore and metal they played that night showed that Hands of Death are experienced and confident musicians.

During their set they were moving all over the stage and the vocalist Steven Boniferno, who also often ventured off stage, seemed to be in a great mood.

However, his mood changed when his microphone stopped working and the band had to play the last songs without his roar while he was unsuccessfully trying

to fix the problem.

"I don't really know what to think about it," said Boniferno after the show. "It sucked, man. It was disappointing."

Fortunately, everything was fixed before the next band, FTF, came on the stage. The Ottawa band is one of the most interesting grindcore bands on the Canadian scene, not only because they play without a bassist, but also because they have a female singer, which is atypical for a band playing this kind of extreme music.

But as always, Mel Mongeon and her aggressive screaming enhanced the band's flawless performance. The set was excellent and exciting with full, heavy sound and the band got a great response from the audience.

"We love playing shows," said the band's drummer Matt Connell. "This is our first show in Kitchener and hopefully not the last."

After it toured Ontario, Quebec and the East Coast last year, FTF is planning on touring the United States in August. The band has released a number of split CDs and compilations and is expected to release its first full-length CD Backstabber Etiquette soon.

"The album is done," said Connell. "It's going to have 11 tracks on it and it's one of our first things with Mel (Mongeon)."

Because of the late start, the last band, Kitchener's Dead of Winter, did not get on stage until after 1:20 a.m. At that time, many fans were already gone and some of those who stayed were almost falling asleep. And it was a shame as Dead of Winter is a talented and prospective band that rocked the Circus Room with their fast black metal in Scandinavian style.

The sound of the guitar was surprisingly cold and heavy and the fast drums and bass riffs echoed in the room like a hailstorm. The singer, Jason Smith, was shrieking his lyrics in a high voice, which was unusual but interesting.

During their 40-minute set Dead of Winter played eight songs that the band is hoping to release as a demo this year.



(Photo by Petr Cihacek)

Dead of Winter's bassist and vocalist Jason Smith (left), guitarist Tim Grieco and drummer Michael McCurdy played at the Circus Room in Kitchener on March 22.

National League race wide open

By MARC HULET

(This is the second part of a two-part series on the upcoming 2003 Major League Baseball season.)

The National League appears to be a little bit more open this year than the American League. There are not a lot of dominant teams this season and it will be interesting to see which team ends up battling for the title of world champion.

Philadelphia

Sure, the Philadelphia Phillies did their best Yankees' impression in the off-season by throwing a lot of money at Jim Thome and David Bell, but that doesn't guarantee anything.

Thome will likely struggle early on as he adjusts to the National League after spending his entire career with the Cleveland Indians in the American League.

Once he gets on track though, he could easily launch 40 plus home-runs for the Phillies and drive in a ton of runs.

Bell's best qualities are his defensive abilities at third base and his leadership. In the past his offensive output has been less than average for a third baseman (which led to him playing some second base) but he rebounded last year to put up average power numbers.

Adding to Philadelphia's potent offence are Bobby Abreu, Pat Burrell and former Rookie of the Year Jimmy Rollins.

After adding Millwood in a salary dump by division rival Atlanta, the Phillies have the makings of a top-notch rotation.

Millwood, Vicente Padilla, Randy Wolfe and Brandon Duckworth make up the promising starting staff.

Duckworth has battled through inconsistency since reaching the majors and he has been injured this

spring, but he has very good stuff. If he isn't ready at the start of the season, second-year pitcher Brett Myers should slide in nicely.

One area of weakness to watch out for though is the bullpen.

Closer Jose Mesa did save 45 games last season but he is getting old and has been inconsistent throughout his career. Behind him in the bullpen there isn't much.

Atlanta

Atlanta has been arguably one of the best teams for the past 12 years but they are at their weakest point pitching-wise since the late '80s. Gone are starters Tom Glavine, Millwood (their best starter last season from start to finish) and promising southpaw Damian Moss.

Replacing them are Mike Hampton, Russ Ortiz and Paul Byrd.

Hampton was one of the best pitchers in the National League before he decided to sign a huge contract to pitch in the thin air of Colorado.

Over the years, many pitchers' careers have been ruined by Colorado and Hampton suffered the same fate. He was horrible the past two seasons and Atlanta is banking on being able to resurrect his career away from the altitude in Colorado that flattened out his breaking ball.

Ortiz is a solid innings-eater and can pile up wins when his control is good, but he is also capable of walking more than 100 batters in a season.

Byrd has impeccable control but his stuff is average. It will be interesting to see how he handles pitching for a playoff-contending team after winning 15 games for a losing team in 2002. He has also been an inconsistent winner in his career and battled an assortment of injuries.

Offensively the Braves are quite well off. Their outfield of Chipper

Jones, Andruw Jones and Gary Sheffield is one of the most potent in the Major Leagues. They are all capable of hitting 30 homeruns and driving in 100 runs.

Andruw Jones is probably the best defensive outfielder in the game.

It's a good thing the outfield is so good though because the Braves won't get much offence from first base and third base.

Vinny Castilla is a superior third baseman when it comes to defence, but he hasn't hit well since leaving Colorado more than three years ago.

At first base, the Braves are likely to employ a combination of Robert Fick, Julio Franco and Matt Franco.

All three players are solid but unspectacular. Only Fick, a converted catcher and outfielder, is capable of hitting more than 15 homeruns and both Francos are better suited to be pinch hitters.

St. Louis

The St. Louis Cardinals overcame the death of pitcher Darryl Kile last season to put together a solid season, but they are hoping for much more this season. And they appear to have the talent necessary to make it to the World Series.

The Cardinals seem to always have question marks when it comes to pitching. They appear to have an abundance of starters but injuries strike the staff without remorse every season.

Matt Morris and Woody Williams are above-average starting pitchers. Morris has won 20 games in the past but he hasn't looked the same since Kile died.

Williams seems to be constantly battling one injury or another and the same can be said already this year, but it appears he will be ready for opening day.

The rest of the rotation will be made up of average Major League pitchers, including Jason Simontacchi, Brett Tomko, Garrett Stephenson, Dustin Hermanson and Cal Eldred.

Only Simontacchi and Tomko have avoided serious injuries in their careers.

Offensively, the Cardinals are extremely talented, although the injury bug has begun to deplete their outfield.

J.D. Drew will miss the first part of the season after off-season knee surgery and it also appears Jim Edmonds will start the year on the disabled list.

Only star-sluggler Albert Pujols survived the onslaught of injuries to the starting three.

On the infield, Scott Rolen offers great defence and the ability to drive in 100 runs while playing third base.

Edgar Renteria joins Rolen on the left side of the infield as an excellent second-tier offensive shortstop but the right side of the diamond is rough with fading veterans Fernando Vina and Tino Martinez.

The Cardinals also lack depth should injuries continue to haunt their position players.

San Francisco

The Giants lost in Game 7 of the World Series last season and it doesn't look like they've improved themselves a lot since then. But with Barry Bonds leading the team and some solid pitching - and with some outstanding young pitching on the way - maybe they didn't have to make many improvements.

The Giants have one of the better starting staffs in the National League when you consider experience, ability and depth.

They won't be confused with Atlanta's rotation of the '90s, but they are good.

Jason Schmidt, Kirk Rueter,

Livan Hernandez and Moss have talent, heart and proven winning track records.

Schmidt has the best stuff of the group and if he can stay healthy, he can be dominant. Rueter has less than average stuff, but year after year he wins.

Hernandez provides much-needed innings, although the Giants have been trying to trade him because his abilities have been slipping and he has a questionable attitude.

Damian Moss is tough to get a hit off of, but his control is still a little wild and he can be his own worst enemy.

Jesse Foppert, Kurt Ainsworth and Jerome Williams are all waiting for an opening in the starting staff to show the abilities they possess that have left scouts drooling in anticipation.

One thing that will hurt the Giants is the loss of second baseman Jeff Kent to free agency. The Giants did act quickly though after losing Kent and grabbed not one, but two other second basemen out of the free agency pool.

Ray Durham and Edgardo Alfonzo are not going to hit as many homeruns as Kent will, even combined, but they offer other skills Kent lacked.

Durham will likely play second base and offer solid leadoff abilities as well as much needed speed to get into scoring position for Bonds. Unfortunately, Durham's defence is worse than Kent's average play at second.

Alfonzo is by far better defensively at second base than Kent or Durham but he will be asked to fill the hole at third base that was left when Bell left the Giants for a bigger paycheck in Philadelphia. Alfonzo is no slouch defensively at third either but he doesn't offer the explosive power or ability to drive in runs that most teams want from their third baseman.

Legends win intramural soccer championship

By BRANDI STEVENSON

Legends were true to their name by winning the intramural soccer championship 3-2 against Soccer Kicks, March 20.

"We were the better team," said Legends captain Bojan Vidic. "They missed so many chances."

"We were the better team."

**Bojan Vidic,
Legends' captain**

One chance that Soccer Kicks missed was just after Vidic scored the first goal of the game. A Soccer Kicks player got tripped, so they got possession of the ball in the Legends zone.

Although Soccer Kicks didn't capitalize on that scoring opportunity, Mike Kosakowski did kick one in for his team

later to tie it at 1 all.

"We've been lucky so far," he said after scoring. He said he was going to pass the ball, but decided to go for the net instead.

The tie didn't last long because Miro Orasanin scored for Legends, putting them ahead 2-1.

But, Soccer Kicks were right on their heels, and Jamie Scott tied it.

Legends wanted to prove they were superior, and Bojan Djokovic scored the winning goal with about one minute left to play.

Kosakowski wasn't surprised by the loss. Before the game, he said, "We're not the strongest team." He added the team did have some talented players, especially goalie Ben Morris. "He's helped us out a lot."

Legends said they will probably try to defend their title next year, while Soccer Kicks won't be back because the players are graduating.

Condors win bronze

By JAMES K. DOYLE

Conestoga's men's indoor soccer team earned a bronze medal over the weekend at the Ontario College's Athletic Association provincial tournament at RIM Park.

Conestoga's head coach, Geoff Johnstone, was pleased that the team surpassed the goals they set for themselves before the tournament.

"The top two from each pool go through. So, basically, your first day, your only goal is to get to the second day," said Johnstone.

The Condors advanced to the Ontario College's Athletic Association (OCAA) provincial tournament March 7 and 8 when they won their division at the regional tournament, also held at RIM Park.

Conestoga got off to a strong start at the provincial tournament with a convincing 3-1 win over Royal Military College.

Ryan Sousa, Bojan Djokovic and Matt McHugh scored for the Condors.

The second game saw Conestoga

fall 3-0 at the hands of Seneca, the eventual champions.

Conestoga battled back in their third and final game with a 3-2 victory over Centennial. Conestoga was lead by the hat trick of Djokovic and the strong goalkeeping of Dino Vukmanovic.

The win put Conestoga into second place in their pool and into competition on Saturday.

Conestoga's hopes of gold were dashed at the hands of Humber in their semifinal game.

Humber downed Conestoga 2-0, but Johnstone was happy just with the chance at a medal, pointing out that Conestoga is a comparatively small school with less depth than some Toronto-based colleges.

"I was hoping for a medal. When you get the big Toronto schools, like Seneca is four times the size (of our) student body, Humber is three times, Sheridan, Centennial, George Brown, two, three times the size of ours, but over the years, we've been able to compete with them," said Johnstone.

The Condors faced another large, Toronto-based school in the

bronze-medal game, but walked away with a 4-2 defeat of Sheridan. Conestoga again spread out the goals, with four players scoring.

Djokovic notched his team leading fifth goal, with Marc Riberio, Alfred Maikano and Antony Ereyi each scoring one.

"As it turned out, the only two defeats of the two days were against the two teams who finished first and second," said Johnstone.

Johnstone felt the team's overall performance was exceptional, with Ereyi and Djokovic playing a strong tournament.

"I think Antony Ereyi was our best player overall. He played large minutes, he was very, very physical, he is very skilled but also is physically intimidating."

Johnstone was impressed with the "consistency and the accuracy" Djokovic showed.

Djokovic averaged a goal a game for the tournament, "an unbelievable level" according to Johnstone.

As a team, Conestoga was impressive at both ends of the field, and closed what was called an "up-and-down" season by Johnstone with a third-place finish.

The end is coming!

Where will you be on April 3 when the end
of it all hits Conestoga?



Make it to the Sanctuary
and make it to the end of it all!

Miss the end and you'll miss a lot

Over \$700 in prizes to be given away that night!

Doors open at 9:00pm

C O N E S T O G A
S T U D E N T S I N C .

Remember to bring proper ID
Wristband policy is in effect